

JM Fitness Boot Camp TO GO

Written workout #2 - **Shoulders/Arms/Cardio**

What You'll need:

#1 - A Stopwatch

#2 - Resistance Bands or Dumb Bells

Instructions = 30 Seconds of work and 30 seconds of rest for each exercise. Repeat each exercise 2 times and move to the next exercise. Take a 1 Minute rest after completion of Circuit #2.

Circuit #1

Side Raise
Side raise Hold (Hold at top)
Jump - n - Jacks

Circuit #2

Bicep Curls
Bicep Curls (Half way and hold)
Butt Kicks
Your Choice Cardio

Circuit #3

Tricep Kick Backs
Tricep Kick Back (Half way and hold)
Mountain climbers

Circuit #4

Front Raise
Front Raise Hold (Hold at Top)
Your Choice Cardio
Burpees